

Scott Spouses Newsletter

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Silent Ranks

An anonymous poem



I wear no uniforms, no blues or army greens.
But I am in the military in the ranks rarely seen.
I have no rank upon my shoulders. Salutes I do not give.
But the military world is the place where I live.
I am not in the chain of command, orders I do not get.
But my husband is the one who does, and this I cannot forget.
I'm not the one who fires the weapon, who puts my life on the line.
But my job is just as tough. I'm the one left behind.
My husband is a patriot, a brave and prideful man.
And the call to serve his country not all can understand.
Behind the lines I see the things we need to keep our country free.
My husband makes the sacrifice, but so do our kids and me.
I love the man I married. Military is his life.
But I stand among the silent ranks
Known as the Military Wife.

10 Tips to Help Children Deal With War and Violence

1. Allow children to ask questions whenever they want to, but don't push.
2. Provide children with opportunities to express their feelings through art, games, and writing.
3. Treat children as individuals, listen to them, and realize their concerns are legitimate.
4. Be calm, but never lie. Kids know.
5. Limit media exposure.
6. Watch children for signs of stress, such as behavior change.
7. Get respite care for yourself.
8. Take opportunities to express your feelings away from the children.
9. Get plenty of sleep, eat right, exercise.
10. Join a support group.

From the AARP website at <http://www.aarp.org/confacts/grandparents/10tips.html>



Air Force Aid Society “Give Parents a Break” Program

The Air Force Aid Society (AFAS) recognizes that Air Force families are subject to unique stresses due to the nature of military life—deployments, remote tours of duty, extended working hours, etc. Families are often separated from spouses as well as from extended family members who might otherwise offer support. In an effort to help these families, the AFAS, in cooperation with the Air Force child care community, has agreed to provide funding for child care under a program called “Give Parents a Break.” The purpose of this program is to offer eligible parents a few hours break from the stresses of parenting.



The AFAS pays the cost of opening the base Child Development Center (CDC) and Youth Center once a month for families referred to the

program. Care for children 7 years and up is provided at the Youth Center. Families using this program will not be charged for the care.

Those eligible to use the “Give Parents a Break” program include parents:

- Whose spouse is deployed or on a remote tour
- Whose spouse is on an extended TDY

- Who have been experiencing a family crises such as birth of a new baby, serious illness of family member, death in the family, extended illness of family members, etc.
- Whose child is special needs
- Whose spouse has been required to work extensive extended shifts

To be eligible for the program, families must be referred by one of the following base officials:

- Squadron commander/first sergeant
- Chaplain
- Doctor or other medical professional
- Family Advocacy personnel
- Family Support Center personnel
- Child Development Center personnel

A referral certificate must be issued and signed by the person making the referral. Child care should be recommended for a specific period of time, e.g. the length of a TDY or deployment. Certificates may be reissued if necessary. Reservations will be made as directed by your local CDC. Eligibility will be verified by the CDC when reservations are made.



It is important that this program be briefed to those in the referral network, and that the intent of the program is understood by all. This should not be looked on simply as free child care, but rather as a program for commanders, first sergeants and other base officials to use to provide help for families who need a break.

Dates of care for CY 04 are:

- 9 January
- 6 February
- 12 March
- 9 April
- 14 May
- 11 June
- 16 July
- 13 August
- 17 September
- 22 October
- 19 November
- 8 December



Reservations must be made by noon the Wednesday prior to the care date so that adequate staff can be scheduled. To make a reservation, please call the CDC at 256-2375/2376 or 256-8023, or the Youth Center at 744-9862/9863. Be sure to specify that the reservation is for the “Give Parents a Break” program.

A minimum of 10 children per age group is required each session in order for care to be provided. Parents who have made reservations will be called by Thursday evening if the program has been cancelled.

For more information about the program, please contact the Family Support Center at 256-8668.

Operations Security (OPSEC): A Guide for the Family

You are a vital player in our success!

As a family member of the Air Force community, you are a vital player in our success, and we couldn't do our job without your support. You may not know it, but you also play a crucial role in protecting your loved ones just by what you know of the Air Force's day-to-day operations. You can protect your loved ones by practicing good operations security, better known as OPSEC.

What is OPSEC?

OPSEC is keeping potential adversaries from discovering our critical information. As the name suggests, it protects our operations—planned, in progress and those completed. Success depends on secrecy and surprise, so the military can accomplish the mission quicker and with less risk. Enemies of freedom want our information, and they're not just after the military member to get it. They want you, the family member!

What can you do?

There are many countries and organizations that would like to take a big bite out of American interests. It's possible and not unprecedented for spouses and family members of U.S. military personnel to be targeted for intelligence collection—even here in America! What can you do?

Be alert

Foreign governments and organizations can collect significant amounts of useful information by

using spies. A foreign agent may use a variety of approaches to befriend someone and get sensitive information. This sensitive information can be critical to the success of a terrorist or spy.

Be careful

There may be times where your spouse cannot talk about the specifics of his or her job. It's very important to conceal and protect certain information such as flight schedules, TDY locations, and base activities, just to name a few. Something as simple as discussing over the phone where your spouse is going TDY or deploying to can be very useful to a potential adversary.

Protecting Critical Information

Even though this information may not be secret, it's what we call "critical information." Critical information must be protected to ensure an adversary doesn't gain a significant advantage. It deals with specific facts about our intentions, capabilities, operations or activities. If an adversary knew this detailed information, our mission accomplishment and personnel safety could be jeopardized. By being a military family member, you may know some bits of information. Do not discuss them outside of your immediate family and especially over the telephone.

Examples:

- Detailed information about the mission of assigned units.
- Details concerning locations and times of unit deploy-

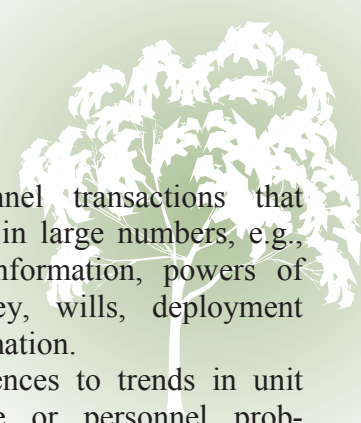
ments.

- Personnel transactions that occur in large numbers, e.g., pay information, powers of attorney, wills, deployment information.
- References to trends in unit morale or personnel problems.
- Details concerning security procedures.

Puzzle Pieces

These bits of information may seem insignificant. However, to a trained adversary, they are small pieces of a puzzle that highlight what we're doing. Remember, the element of surprise is vital to the accomplishment of our goals and personnel protection. Where and how you discuss this information is just as important as with whom you discuss it. An adversary's agents tasked with collecting information frequently visit some of the same stores, clubs, recreational areas or even churches as you do. Determined individuals can easily collect data from cordless and cellular phones and even baby monitors using inexpensive receivers available from local electronics stores. If anyone, especially a foreign national, approaches you and persistently seeks information, notify your military sponsor immediately. He or she will notify the unit OPSEC program manager or the Air Force Office of Special Investigations.

From the OPSEC Family Guide, HQ AFRC/DOI, Robins AFB, GA



SAFB Hotline

Now there is a Scott Information Hotline which will be used to disseminate official information on a variety of topics as well as reporting instructions in case of bad weather. Call 256-SAFB (256-7232) to hear the most current re-corded update.

256-SAFB



Ladies Night Out

Here is a chance for all ladies (married or single, young or old, military/retired/family member/civil service) attached to Scott AFB to enjoy a night out for some fun and a movie!



Please join us on **31 March** for an Information Fair at Rockwell Hall from **4:30-6:30 PM**. There will be many home businesses showcasing what they offer and several base agencies will be highlighting their ser-

vices. Then at 6:45 PM, AAFES is offering us a free movie and popcorn at the Base Theater. If you have any questions please contact your unit's Key Spouse or call the Family Support Center at 256-8668.

Helpful Websites



Air Force Move

<http://afmove.hq.af.mil/Default.asp>

A wealth of moving-related information, from helpful tips to filing claims. Also provides specific details about various topics such as storing/shipping vehicles, shipping firearms, retirement/separation moves, weight allowances, etc. Even trace your shipment by carrier.

PBS Parents: Talking With Kids About War & Violence

<http://www.pbs.org/parents/issuesadvice/talkingwithkids/war/intro.html>

Learn how to answer children's challenging questions by seeing the world through their eyes.

The Parents Journal: Helping Military Children Cope When Mom or Dad is Away

<http://www.parentsjournal.com/InterviewsSpecialParentingIssues.html#topofpage>

Lynette Kimes, the Senior Program Associate at *Zero to Three: The National Center for Infants, Toddlers and Families*, a non-profit organization, offers suggestions to help ease the transition for kids of military parents. (The interview is presented in Streaming RealAudio format. Download a free basic version of RealPlayer by visiting <http://www.real.com/>).

Expeditionary Family Event Calendar for March 2004

Date	Event	Location	Phone
5	Reunion Brown Bag Lunch, 1130-1230	Family Support Center Classroom	256-8668
11	National Prayer Luncheon, 1130	Scott Club	256-3303
12	Give Parents a Break, 1800-2200	CDC & Youth Center	256-8668
18	Expeditionary Spouse Pizza Party, 1730	Pronto Pizza	256-8668
18	Key Spouse Meeting, 1800	Family Support Center	256-8668

Note: Events in bold are specifically Expeditionary Family Events